

<b>NAME OF THE METHOD</b>	<b>Movin' on group program manual</b>
<b>CHARACTERISTICS</b> <b>According to strengths model</b>	Social relations Confidence
<b>MAIN GOALS</b>	<ul style="list-style-type: none"> <li>- Create and communicate a safe atmosphere</li> <li>- encourage members to voice their fears</li> <li>- help members recognise that they are not alone</li> <li>- encourage the development of maintenance roles</li> <li>- nurture the development of spontaneity</li> </ul>
<b>REGION OF IMPLEMENTATION</b> <i>Please fill in the geographical area(s) in which the method is used.</i>	Canada?
<b>THEORETICAL FRAMEWORK/IDEA/VIEW</b> <i>When a certain view on care or a specific theoretical framework is used, please add it here.</i>	Psychodynamic framework
<b>GENERAL DESCRIPTION OF THE METHOD / IMPLEMENTATION</b> <i>Describe the method in general. How is the method implemented?</i>	"The main objective of this program is to give youth the opportunity to express and explore the difficult feelings associated with their transition from placement in substitute care to independent living. In essence, this program aims to help youth become aware of the impact that their emotional state may have on their transition towards independence. This program also encourages the development of mutual support as a way to help youth cope with the difficult transition process."
<b>STEPS OR PHASES</b> <i>Does the method have a stepwise process? Which are the steps?</i>	<p>Week 1: introduction</p> <p>Week 2: being in care</p> <p>Week 3: experiences in substitute care</p> <p>Week 4: leaving care</p> <p>Week 5: discharge plan</p> <p>Week 6: hopes and fears about transitioning</p> <p>Week 7: coping with difficult emotions</p> <p>Week 8: graduation and termination</p>
<b>MATERIAL</b> <i>Which material is needed?</i>	Document available online (see link).
<b>COST OF THE METHOD (EXCL. PERSONEL)</b> <i>Is the method freely available or not?</i>	Freely available see below for link.
<b>COMPETENCES OF THE AFTER CARE WORKER(S)</b> <i>Are any specific competences required? Can it be implemented by professionals, volunteers, ...?</i>	Not stated specifically
<b>IN WHICH WAY IS THE METHOD SUCCESSFUL?</b> <i>Explain why the method works or seems to work, under which conditions. If research has been done on the method, please also add the information (link, publication, ...).</i>	Not stated
<b>MORE INFORMATION AT</b> <i>Is a website or publication available?</i>	<a href="http://crevaj.ca/wp-content/uploads/2015/08/support_independant_living.pdf">http://crevaj.ca/wp-content/uploads/2015/08/support_independant_living.pdf</a>